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We are as pure as the water around us. We are 70-80% water. Water that comes from drinking, eating, breathing, and bathing. It's safe to say we are as pure as the water around us. You need to replenish your water within 48 hours or you die. It's our life blood. Think about the two words: "Common Sense" to me it means we all have a sense of something. Today our common senses have been taken over by corporations. They get your attention and then program your mind. We have common senses that tell us that we need pure water, and food with no poisons, air with no poisons. But we no longer use those common senses because corporate owned men in white suits have taken that over for us. Now get back to watching TV, or facebook. and making money so you can buy more of our stuff. Wake up! Stand guard at the door to your attention. It's yours. Don't give it to everyone or everything that wants it. Slow down! We have been sped up too. They want you listening to 440hz music instead of 432hz. Research it. Disconnect from main stream media. For Gods sake! they have you paying them to program you. We have been removed from the earths frequency. Take an hour of your day when the sun " the life giving light in the sky" is shining. And get your skin on mother earth. Shut down your mind. It will be difficult at first, but the sun and energy change will make you feel great. The health benefits of that alone are tremendous, but it's when you shut off your mind that common sense things start to appear. Change is now.